



# ***MOVE!***

## ***Emotions and Your Weight***



It is extremely common for people to eat in response to their emotions. Many, many people automatically eat when they are sad, eat when they are happy, eat when they are angry, eat when they are nervous, eat when they are stressed, eat when they are frustrated, eat when they have problems at home or at work, and so on. Because emotions are a fact of life, it's no wonder then that these folks gain weight! But... you don't have to do this! If this is you, you can learn to do something else instead of eating every time some emotional feeling comes your way. Here are some tips:

- **Remember that eating doesn't make the problem go away!** It just temporarily distracts you, that's all. Instead, if you can, actually get busy and do something about the problem that is causing the emotion.
- **Get the STINKING out of your THINKING!** Make yourself stop thinking those trashy negative thoughts, and start thinking positive, sensible, and realistic thoughts instead. Keep working on this every time. It will REALLY CHANGE how you feel!
- **Do some exercise.** Take a brisk walk, get on the stationary bike, do some calisthenics, move! Exercise will always improve your emotions!
- **Distract yourself.** Simply find something else to do rather than eating. Whatever. Just find something to pay attention to besides your emotions and the kitchen!
- **Get away from the kitchen and the food.** Don't be hanging around where the food is. Come on—use your head here....
- **Don't have junk food around.** Instead, keep some healthy snacks easily available and eat those if you think you absolutely must eat something.
- **Get some treatment for your emotions** if they are really bothering you often. See your doctor, a counselor, or talk things over with a clergyman or a friend.